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FSM 120

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Recipe Standardization/Costing Assignment

1. Recipe Selection- Uzbek Plov (bbcgoodfood.com)

Ingredients
1 kg moderately fat lamb, shoulder or ribs
1 kg medium grain rice (paella type)
200-250 ml vegetable frying oil
1 kg carrot (preferably not young)
2-3 medium size onions
1-1.5 tbsp cumin
2-3 whole heads of garlic, the younger the better (optional)
1-2 long hot chillies (optional)
salt to taste
5 liter heavy cast-iron cattle (dutch oven) or bigger, preferably round-bottomed

Method

- STEP 1

Wash the rice under the tap until clear, cover with cold water and let it soaks for a while.
- STEP 2

Cut the meat with bones into match-box pieces.
- STEP 3

Cut the carrots into 0.5x0.5 cm thick sticks.
- STEP 4

Slice onions into thin rings or half-rings.
- STEP 5

Clean heads of garlic from the remains of roots and dirt.
- STEP 6

Heat oil in the cattle or dutch oven on a very high flame, deep-fry meat until golden-brown, in 3-4 batches. Fry the onions until golden, add meat to the cattle, stir well to prevent onion from burning. Add carrot, stir from time to time, until it starts to wilt and browns a little (15-20 min). Add 2/3 of the cumin - rub it in your palms a little to release flavor, stir gently to keep carrot from broking.

- STEP 7

Lower gas to moderate, pour hot water just to cover all the goods, add salt and let it simmer for 40 min to 1.5 hours until almost all water evaporate and meat became tender and juicy. Do not stir.
- STEP 8

Turn gas to max.
- STEP 9

Drain rice well, place it on top the meat and veks in one layer, stick the garlic and whole chillies in it, and carefully pour boiling water over it (place a spoon or ladle on top of the rice to keep the rice layer from washaway). Cover the rice with about 2 cm of water, let it boil. Add salt to make the water a bit over-salted. When water will go down the rice, reduce the gas a bit, keeping it boils rapidly. Check when it will evaporate and absorb into rice completely - rice should remain rather al dente. Make a holes in the rice to the bottom of a vessel to check the water level.
- STEP 10

Reduce gas to absolute min, cover tightly with the lid and let it steam 20 minutes. Turn of the heat, remove the garlic and chillies on the separate plate. Carefully mix rice with meat and carrots, if the rice tastes a bit blind add some salt, mix and let it stand for 5 minutes.

Recipe Enlargement Form

Enlarge the original recipe to 250 servings by using the **factor method** (see FFF).

Calculate to six decimal places and round off to five decimal places (Columns C & D)

(to capture light ingredients such as dried herbs).

Your final measures should be in simplified measures and rounded off following rounding rules in Column E.

Original # servings: 10
Factor: 25

	Column A Ingredients	Column B Original recipe amounts	Column C Convert to common denominator or weight (if needed)	Column D Multiply by factor (show your work; include calculations here) Amount x factor = ?	Column E Convert to appropriate measure & simplify (use 1 gallon vs. 128 oz, etc.) (Show your work; include calculations such as how you convert from pounds > ounces > gallons > gallons + cups, etc.) This is where you ROUND to full measures! See "rounding rules" in FFF
	Example: milk, nonfat	1 cup	1 cup or 8 oz (choose one)	(example factor = 25) 1 cup x 25 = 25 cups or 8 oz x 25 = 200 oz	1 gallon = 16 cups; 25/16=1.5625 gall; 0.5625 gall=2 qts + 1 cup =>1 gall, 2 qts, 1 c. milk OR 1 gallon=128 oz; 200/128=1.5625 gall 0.5625 gall=2 qts + 1 cup =>1 gall, 2 qts, 1 c. milk
1	Lamb ribs	1 kg	2.2 lb=35.2 oz	35.2 oz x 25= 880 oz	1 lb= 16 oz; 880/16=55 lb
2	Medium grain rice	1 kg	2.2 lb=35.2 oz	35.2 oz x 25= 880 oz	1 lb= 16 oz; 880/16=55 lb
3	Vegetable frying oil	240 ml	1 cup	1 cup x 25= 25 cups	1 gall=16 cups; 25/16=1.5625 gall; 0.5625 gall= 2 qts + 1 cup=>1 gall, 2 qts, 1 c. Milk
4	Carrots	1 kg	2.2 lb=35.2 oz	35.2 oz x 25= 880 oz	1 lb= 16 oz; 880/16=55 lb
5	Onions	3 medium	10 oz	10 oz x 25=250 oz	1 lb= 16 oz; 250/16=15.625 lb~ 15 1/4 lb
6	Cumin	1.5 tbsp	1.5 tbsp=0.375 tsp	1.5 tbsp x 25=37.5 Tbsp	3 tbsp~1/2 tsp; 37.5/3=12.5 tbsp or 25 tsp
7	Garlic	3 cloves	3 cloves=0.5 oz	0.5 oz x 25=12.5 oz	12 oz, 1/2 oz
8	Hot chillies	2 long	2 chopped chillies = 1 lb= 16 oz	16 oz x 25= 400 oz	1 lb= 16 oz; 400/16=25 lb
9	Salt	To taste	1 1/2 tsp	1.5 tbsp x 25=37.5 Tbsp	3 tbsp~1/2 tsp; 37.5/3=12.5 tbsp or 25 tsp
10	Water	Fully cover pot	4 cups	4 cups x 25=100 cups	1 gall=16 cups; 100/16=6.25 gall~ 1 full quart

STANDARDIZED RECIPE FORM

Recipe Name: Uzbek Plov**Yield:** 250**Portion Size:** 14 oz**Portion Utensils:** 13 in steel basting spoon

Steam- jacketed kettle (40 qt (10 gal); 28 in. W x 22.4. D x 31.1 in),

Major Equipment: Mandoline, 1 gal measuring cup, slotted spoon**Cooking Temperature:** Above 135 F**Cooking Time:** 3 hours

Ingredient:	Amount: Volume/Weight/Count (select one)	Procedure:
Medium grain rice	55 lb	1. Wash the rice under the tap water until clear, cover with cold water and let it soak for a while.
Vegetable frying oil	1 gal, 2 qt, 1 cup	2. Heat oil in a 10 gal steam-jacketed kettle on a very high flame.
Lamb ribs	55 lb	3. Cut the meat from bones into small pieces. Deep-fry in a kettle once oil is heated until golden-brown.
Onions	15 1/4 lb	4. Slice onions into thin rings or half-rings. Add to the kettle after adding the meat. Fry until golden. Stir well with a slotted spoon to prevent from burning.
Carrots	55 lb	5. Cut carrots into thick sticks using a mandoline. Add to the kettle after adding onions. Stir from time to time until it starts wilt and browns.
Cumin	12.5 tbsp	6. Add to the mix in a kettle. Stir gently to keep carrots from breaking.

Notes:

STANDARDIZED RECIPE FORM

Last: _____ First: _____

Recipe Name:**Yield:** 250**Portion Size:****Portion Utensils:****Major Equipment:****Cooking Temperature:****Cooking Time:**

Ingredient:	Amount: Volume/Weight/Count (select one)	Procedure:
7. Water	6 gal, 1 qt	1. Lower gas to moderate, pour 3 gal and 1/2 qt of hot water using volume measuring cup (1 gal, 128 oz). Do not stir. After it simmers for 40 mins- 1.5 hour, turn gas to max and add the rest of water and well- drained rice on top of meat and veggies.
8. Salt	12.5 tbsp	2. Add it with the first half of water.
9. Garlic	12 1/2 oz	3. Clean heads of garlic from the remains of roots and dirt. Stick the cloves into layer of rice and veggies.
10. Hot chillies	25 lb	4. Stick chillies with the cloves of garlic into rice and veggies layer. After the water boils, reduce gas a bit. When water evaporates, reduce gas to absolute minimum and cover tightly with the lid. Let it steam for 20 minutes. Then, turn off the heat and remove garlic and chillies. Mix rice with meat and carrots. Let it stand for 5
		5. minutes.
		6.

Notes: Lamb can be substituted with a beef or pork.

Can be reheated and frozen.

Portion with the 13 in steel basting spoon (2 spoons per portion)

Recipe Costing Form

Recipe Name: Uzbek Plov

Yield: 250

Portion Size: 14 oz

Food Cost %: 40%

Cost Per Portion: \$6.00

Selling Price: \$15.00

	Ingredient:	Recipe Quantity (AP) (from Standardized Recipe)	Cost (show calculations)	Total Cost 250 portions
		Volume/ Weight/ Count (select one)	APC/unit (AP Cost)	
	<i>Example:</i> milk, nonfat	200 fl oz	\$3.98/gall or \$0.03/fl. oz (Safeway.com)	200 fl oz x \$0.03/fl. oz = \$6.00
1.	Lamb ribs	55 lb	\$18.99/lb (Safeway.com)	\$18.99 x 55 lb = \$1044.45
2.	Medium grain rice	55 lb	\$1.70/lb (Safeway.com)	\$1.70 x 55 lb = \$93.5
3.	Vegetable oil	8 oz	\$0.21/fl. oz (Safeway.com)	\$0.21/fl. oz x 8 oz = \$1.68
4.	Onions	15 1/4 lb	\$1.99/ lb (Safeway.com)	\$1.99/ lb x 15.25 lb = \$30.3475
5.	Carrots	55 lb	\$1.49/lb (Safeway.com)	\$1.49/lb x 55 lb = \$81.95
6.	Cumin	12.5 tbsp = 6.25 oz	\$2.25/oz (Safeway.com)	\$2.25/oz x 6.25 oz = \$14.0625
7.	Salt	12.5 tbsp = 6.25 oz	\$0.10/oz (Safeway.com)	\$0.10/oz x 6.25 oz = \$0.625
8.	Garlic	3 cloves	\$0.59/ each (Safeway.com)	\$0.59 x 3 = \$1.77
10	Hot chillies	25 lb = 400 oz	\$0.62/ oz (Safeway.com)	\$0.62/oz x 400 oz = \$248.00
			Total Recipe Cost:	\$1516.385

Work Cited

1. Ddvonk. (2013, May 11). Uzbek plov. BBC Good Food. Retrieved April 21, 2023, from <https://www.bbcgoodfood.com/user/186153/recipe/uzbek-plov>
2. Choice 13" solid stainless steel basting spoon. WebstaurantStore. (n.d.). Retrieved April 21, 2023, from <https://www.webstaurantstore.com/choice-13-solid-stainless-steel-basting-spoon/407SBS13.html>
3. Choice 13" solid stainless steel basting spoon. WebstaurantStore. (n.d.). Retrieved April 21, 2023, from <https://www.webstaurantstore.com/choice-13-solid-stainless-steel-basting-spoon/407SBS13.html>
4. Home. Safeway. (n.d.). Retrieved April 21, 2023, from <https://www.safeway.com/>